

Food Card Committee: The State WIC Office will begin its review of foods for the 2012-2013 Authorized WIC Foods List in April. There will be about 2-3 meetings held at the State Office to discuss which foods to include next year. If you are interested in being on this committee please contact Christine Russell at crussell@utah.gov.

Peer Counselor Training – Significant Conference Training Day for ALL Peer Counselors, Peer Counselor Supervisors and Breastfeeding Coordinators to attend. Save the date May 2nd and 3rd, 8 am-5pm.

Baby Your Baby Newsletter-Can be downloaded at www.babyyourbaby.org

In-service-Medela Representatives can provide an in-service via internet (or in-person possibly) on how to fit a breast pump correctly. The representative uses Paula Mieir’s research and video .

Breastfeeding Art-Photo Breastfeeding Art is available and is being sent out to your clinics. By a local photographer and local oil artist - hope you enjoy the posters and frame them.

Nils Bergman Conference
Don't miss this opportunity to attend a Salt Lake City conference with an internationally known speaker, Nils Bergman. He is captivating and you won't be disappointed

A flyer has been sent by email, please share flyers with your local health directors, administrators, hospital administrators, MDs, and others in the community. We will also send Grand Rounds flyer for you to share with any MD and MD groups.

Special sessions on Monday, March 12th for:
Directors & administrators to attend from 1:15 - 3:15 PM to learn about the Public Health Implications.
Physicians to attend , 4:00 - 5:00 PM at Primary Children's Medical Center Auditorium.

There will also be a group discount. If you don’t have the budget and would like to send staff please contact Judy Harris.

Bright Beginnings Soy vs. Soy Beverage: It is important to follow the medical order on the FAFAF. If the physician has written, Bright Beginnings Soy (BBS), then this product must be provided. Soy beverage can not be automatically substituted for BBS. Soy beverage needs to be written on the FAFAF before soy beverage vouchers can be issued.



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Health Benefits with MyPlate

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MyPlate is a new training tool, designed to remind Americans about the components of a healthy balanced diet. The colorful plate contains the basic food groups, broken down by category and recommended portions, as an easy reminder of how we should eat.

One of the key messages of MyPlate is, make half your plate fruits and vegetables. Growing up, we learned that we needed to eat more fruits and vegetables, but do we really know why? Diets that are rich in fruits and vegetables may reduce the risk for heart disease, including heart attack and stroke. Eating a healthy diet, consisting of fruits and vegetables, may reduce the risk of some cancers, obesity, type 2 diabetes and kidney stones. In addition, these healthy choices can lower blood pressure, and help decrease bone loss.

MyPlate emphasizes that at least half of your grain consumption should be whole grains. Eating whole grains provides many health benefits. Whole grains may reduce the risk of heart disease. Whole grains are high in fiber, which may relieve constipation difficulties. Consuming whole grains may help with weight management and causing a person to feel full longer. Folate, is the B vitamin in whole grains that helps the body form red blood cells. Consuming adequate folate, is key to reduce neural tube defects, spina bifida, and anecephaly during fetal development.

When choosing protein, it is important to make lean and low fat selections. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. This food group is high in iron, which carries oxygen in the blood. EPA and DHA are omega 3 fatty acids that are found in a variety of foods such as salmon, anchovies, herring, sardines, Pacific oysters, trout, and Atlantic and Pacific mackerel. EPA and DHA have been found to help reduce the risk for heart disease. When pregnant, foods low in mercury are ideal.

Dairy is the final food group. The MyPlate message is, switch to fat-free or low-fat dairy products. Dairy products provide many health benefits, especially improved bone health, reduced risk of cardiovascular disease and type 2 diabetes. Dairy contains nutrients like calcium, vitamin D and phosphorus, which build and maintain bones and teeth. Potassium helps maintain healthy blood pressure and can be found in yogurt, fluid milk, and soy-milk.

With MyPlate, we are reminded what we should be consuming with each meal. If we eat according to this healthy, balanced diet we will experience the benefits for ourselves, our families and ideally, in our communities.

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Prorating Formula in Vision

The new VISION system allows CPAs the option to tailor and adjust packages according to the needs of each participant. One aspect of tailoring formula is the option to provide the full amount of formula allowed at any time during the month. Although this option exists, it should be used only in rare circumstances and only when it is appropriate to provide more formula than the prorated amount. It is important that CPAs continue to assess how much formula an infant is really drinking and base the amount of formula given off of that assessment. If an infant is receiving more formula than he/she can finish in that month, the amount should be tailored down. Providing more formula than an infant needs may lead to overfeeding and in turn, may lead to overweight or obesity. Additionally, it increases cost for the WIC program. The exception to this guidance is in the case of lost or stolen vouchers. Always issue the amount that was originally printed on the lost or stolen voucher regardless of the day of the month.

Formula Updates

Similac Sensitive for Spit-Up will be renamed Similac for Spit-Up beginning in February. Can sizes and reconstituted ounces will all remain the same.

Due to consumer feedback, Enfagrow products have been re-launched with the 9-months and up range (instead of 1 year and up). These products have been reclassified in VISION and a new food package will need to be made for those clients coming in who have been receiving vouchers for Enfagrow.

Nutramigen and Pregestimil will no longer feature the word “Lipil” in the name beginning January and February. This change has already been made in VISION.

Enfamil A.R. will undergo a new formulation. It will now contain the Natural Defense Dual Prebiotics Blend that currently is in Enfamil Premium Infant and Enfamil Premium Newborn. There will be no changes to size or reconstituted ounces.

The can size for Enfamil Gentlease was changed in August from a 12.0 oz can to a 12.4 oz can. The 12.0 oz size has now been deactivated in VISION.

Gerber Good Start Gentle and Gerber Good Start Soy recently changed packaging and sizes. The concentrate of these formulas is now in a 12.1 oz container. The ready to feed forms are now sold in a package of four, 8.45 fl oz containers. The 13 oz concentrate form and the 32 oz RTF form are still in VISION as well. You will need to select whichever product is in your area. Rural areas may still have the older sizes.

Similac Sensitive for Fussiness & Gas concentrate is now available in a 32 oz container. The 13 oz concentrate size should still be carried in most stores as well. However, Associated Foods stores will no longer be carrying the 13 oz size due to low demand. If a client requests this product at an Associated Foods store, they have agreed to make it available within 72 hours if the client will return to pick it up.

Enfamil Premium Newborn has been activated in VISION and can now be vouchered instead of ordered from Infusions. The only size we are activating is the 23.4 oz can because the 12.5 oz can isn't widely available. Please make sure clients can find the 23.4 oz can before issuing vouchers for this product.

Entering Weight In Fractions

When entering weight in VISION your options for entering these measurements are fraction, decimal, or metric form. When selecting fraction, ounces should be rounded to the nearest ¼ pound. Use the table below to determine the fraction you should enter.

	Weight (Fraction of Pounds)	Ounces
Round down	0/16	00 oz
to zero	1/16	01 oz
	2/16, 1/8	02 oz
Round to 1/4	3/16	03 oz
	4/16, 2/8, 1/4	04 oz
	5/16	05 oz
	6/16, 3/8	06 oz
Round to 1/2	7/16	07 oz
	8/16, 4/8, 2/4, 1/2	08 oz
	9/16	09 oz
Round to 3/4	10/16, 5/8	10 oz
	11/16	11 oz
	12/16, 6/8, 3/4	12 oz
	13/16	13 oz
Round to the	14/16, 7/8	14 oz
next pound	15/16	15 oz
	16/16, 8/8, 4/4, 2/2	00 oz

Announcing the theme for World Breastfeeding Week 2012
20th World Breastfeeding Week Celebrations

Understanding the Past - Planning the Future:
Celebrating 10 years of WHO/UNICEF's Global Strategy for Infant and Young Child Feeding

Objectives

1. To recall what has happened in the past 20 years.
2. To celebrate successes and achievements.
3. To assess the status of implementation of the Global Strategy for Infant and Young Child Feeding.
4. To call for action to bridge the remaining gaps in policy and programmes on breastfeeding /infant and young child feeding (IYCF).
5. To draw public attention on the state of policy and programmes on breastfeeding and infant and young child feeding.
6. To showcase national work at global level.